

Building capacity of services  
to improve outcomes for families

# Parents Plus



2024



Training and supervising professionals in evidence based parenting and mental health programmes

## About Us:

We are a charity that trains and mentors those who work in Community, Health, Education, and Disability services, to improve outcomes for families, with our evidence-based parenting and mental health programmes. Parents Plus has supported over 1,000 organisations, to create sustainable change in their service delivery, strengthening over 100,000 families.

As a charity, we are consistently committed to researching outcomes and developing effective programmes for professionals supporting families. Backed by over 25 years of research, we collaborate with families to ensure that each of our eight flagship programmes meets their goals and is focused on empowering children and parents to achieve their potential. Our programmes have proven benefits for families, including those dealing with disadvantages, disability, and mental health problems, as well as the normal ups and downs of family life.

All profits from sales of programme training and supervision are re-invested in developing new evidence-based programmes to respond to the evolving needs of families and to sponsor facilitator training and support of services with limited budgets, who work with high-need families.

## Our Programmes:

All of our programmes are robustly evidence-based and currently, over 26 studies conducted in clinical, community, and disability settings attest to their effectiveness for families with children and adolescents of all ages, dealing with a variety of challenges and issues. Our Programmes are systemic, solution-focused, group-based interventions designed for delivery in clinical and community settings as treatment programmes.

These programmes are designed for families with child-focused problems, such as behavioural difficulties, disruptive behaviour disorders, and emotional disorders in young people with and without developmental disabilities. Our programmes have been developed for families of pre-schoolers, preadolescent children, and teenagers, as well as for separated or divorced families. Studies involving well over 1,000 families have shown that our programmes have a significant impact on child behaviour problems, goal attainment, and parental satisfaction and stress.



## Our training focuses on:

- Developing an in-depth understanding of your chosen programme.
- Delivering the programme via face-to-face and online sessions to groups and individual families.
- Providing opportunities to observe and practise the skills to become a solution-focused facilitator.
- Building on parents strengths as a basis for ongoing change.
- Strengthening inter-agency and community partnerships.

The [Early Years Programme](#) for parents of children aged 1 to 6.

The [Children's Programme](#) for parents of children aged 6 to 11.

The [Adolescents Programme](#) for parents of adolescents aged 11 to 16.

The [Working Things Out Programme](#) targeted at adolescents aged 11 to 16.

The [Parenting when Separated Programme](#) targeted at parents who are preparing for, going through, or have gone through a separation or divorce.

The [Special Needs Programme](#) to support parents who have an adolescent with an intellectual disability.

The [Healthy Families Programme](#) to support healthy, active and positive family lifestyles.

The [ADHD Programme](#) to support parents of children with ADHD aged 6 to 12.



## Onsite bookings and supporting regional and national rollouts:

We are delighted to offer discounts where there are 8 or more people per booking. Discounts run up to a maximum of 10% on training places depending on numbers booked. If you would like to discuss booking training and supervision for yourself or your team, and/or tailored support in the roll-out and evaluation of the programmes. Please contact our Impact Lead Vicki Byrne at [vicki@parentsplus.ie](mailto:vicki@parentsplus.ie) Ph 085 - 8705772

## The Early Years Programme for Professionals



A practical and solution-focused programme suitable for parents of children aged 1 to 6 years. Through training in this programme, you will learn how to equip parents to effectively deal with behavioural and emotional problems, as well as to support their children's learning, language and social development. The Programme facilitator training will provide you with the essential skills and learning to achieve the best outcomes for the parents and families who attend your service.

LEARN MORE 

By training as a facilitator of this programme, you will learn how to support parents to:

- Help their children develop good attachments and relationships
- Manage tantrums and misbehaviour
- Build their children's language and development
- Reduce their own stress as parents
- Help their children to concentrate and learn
- Increase their children's self-esteem
- Establish positive daily routines

5th, 6th, 7th, 13th & 14th March 2024

“ We see the evidence... The Parent Plus Early Years Programme has proven to be very successful for the parents we work with and is now a valuable and regular part of our multi-disciplinary team work. ”

Kathleen O'Hara, Early Intervention

BOOK NOW



## The Children's Programme Training for Professionals



The Children's Programme facilitator training is suitable for a wide range of professionals from clinical to community settings working with parents of children aged 6 - 11 years, including children with additional needs. Through this programme, you will learn how to equip parents to effectively support their children's learning and emotional well-being, as well as deal with behavioural and emotional problems. The Children's Programme will provide you with the essential skills and learning to achieve the best outcomes for the parents and families who attend your service.

LEARN MORE 

By training as a facilitator of this programme, you will learn how to support parents to:

- Manage behaviour and emotional problems
- Build their children's self-esteem and confidence
- Reduce their own stress as parents
- Problem-solve with their children
- Establish positive daily routines
- Develop connected and close family relationships
- Encourage their children's learning and school work

15th, 16th, 17th, 22nd and 23rd January 2024

“ Parents Plus training gave me a strong structure, with tried-and-tested content, to feel confident in facilitating the Children's Programme. Parents Plus challenges parents in a positive way, with parents less stressed and more relaxed with their families after doing the course. ”

Marian Clarke, Family Support Worker

## The Adolescent Programme for Professionals



This programme was developed to help teenagers to grow up as well-adjusted and happy adults and for helping parents develop warm relationships with their teenagers. Through the Adolescent's Programme you will learn how to empower parents to get it right, build positive relationships with their adolescents, support their emotional well-being, and bring them up to be confident, well-adjusted adults.

LEARN MORE >

By training as a facilitator of this programme, you will learn how to support parents to:

- Manage and resolve conflict
- Build self-esteem and confidence
- Create warm connected relationships
- Positively discipline their adolescent
- Negotiate rules and boundaries
- Solve problems together
- Communicate positively and effectively
- Reduce own stress as parents

24th, 25th, 26th January and 1st & 2nd February 2024

“

The Parents Plus approach to solving family problems is a well-established model. Due to the proven efficacy of the Parents Plus Adolescents Programme in improving outcomes for parents, carers, children and young people, Bristol City Council has committed to funding facilitator training for 8 years

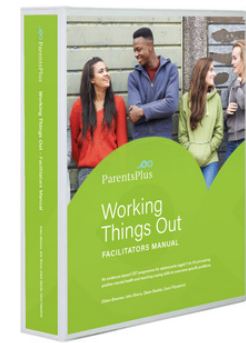
**Deborah Davis,**  
Parenting Supervisor, Families in Focus, Bristol, UK

”

BOOK NOW



## The Working Things Out Programme for Professionals



This professional programme can be used as a preventative youth mental health programme or as an intervention for young people with identified mental health problems such as anxiety, depression, or self-harm. Through this programme you will learn how to equip young people with skills to deal effectively with problems, develop helpful thinking strategies and improve their conflict resolution and communication skills. Building on young people's strengths, you will also learn how to support young people to build positive relationships with their family, their community and in school.

LEARN MORE >

By training as a facilitator of this programme, you will learn how to support parents to:

- Learn practical cognitive behavioural therapy (CBT) strategies and coping skills
- Deal with anger and conflict
- Understand the key to solving problems
- Develop helpful thinking strategies
- Behavioral therapy strategies
- Manage feeling down and reduce stress
- Improve relationships with friends and family

22nd, 23rd & 24th January 2024

“

We had a waiting list of more than six months for young people waiting for counselling. We had numerous anxious parents looking for support.

Since running the Working Things Out Programme and Adolescent Programme we have supported numerous families through the challenges faced in adolescents.

**Niamh Kelly,** Adolescent Health Project

”

## The Parenting When Separated Programme for Professionals



This programme is suitable for professionals including therapists, teachers, and social workers to support families going through separation. Through training in this programme you will learn how to equip parents to co-parent successfully, listen to and focus on the needs of their children, help their children cope and thrive, as well as cope themselves.

By training as a facilitator of this programme, you will learn how to support parents to:

LEARN MORE >

- Solve co-parenting problems in a positive way which focuses on their children
- Create practical arrangements for children that minimise stress and conflict
- Improve communication with their children and their children's other parent
- Cope with the emotional impact of separation and learn stress management techniques
- Help their children cope emotionally with the separation
- Deal with the challenges of lone parenting or being a 'live away'

2nd, 8th & 9th February 2024

“

We chose to commission Parents Plus in our organisation as they are Irish based and provide good support and supervision. Since training in Parents Plus I can now give parents the support and confidence to be the best parents they can be.

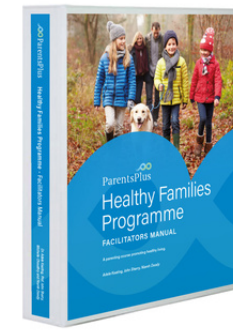
”

**Lulu O' Kelly,**  
Senior Support and Development Worker

BOOK NOW



## The Healthy Families Programme for Professionals



This programme helps to empower parents to create healthy and connected families and improve the well-being of everyone and is suitable for professionals working with families with young children aged 1 to 12 years. Through training in this programme, you will learn how to equip parents to change the future health outcomes of their families and effectively improve their physical, nutritional and psychological well-being. Drawing on parents strengths, you will also learn how to support parents to build positive and preventative strategies into their family routines so as to mitigate against long term health problems.

By training as a facilitator of this programme, you will learn how to support parents to:

LEARN MORE >

- Understand how to improve their families health and well-being
- Promote healthy eating and mealtimes
- Incorporate active play and physical activities into their day
- Maintain positive mental health and self-esteem
- Establish good routines for sleep
- Set up rules around technology use at home
- Build positive family relationships

14th, 15th, 21st and 22nd March 2024

“

The Healthy Families Programme is relevant to all areas of modern family life. The issues that parents look for most support with include routines, screen time, mealtimes and establishing good sleep patterns for their kids. The Healthy Families Programme answers all of these concerns and gives parents the tools to address these issues positively.

”

**Brona Murphy,**  
Transitions Development Worker

## The Special Needs Programme for Professionals



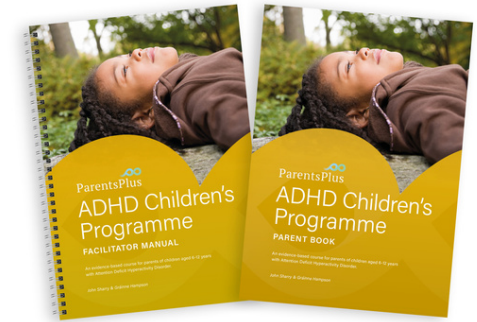
This is a first in the world programme for families rearing an adolescent with an intellectual disability was created to help parents to manage challenges, improve their family's well-being and strengthen their links with other parents. Through training in the Special Needs Programme, you will learn how to empower parents to positively manage the many hidden challenges and isolation that can be common for parents of adolescents with an intellectual disability, as well as improve the well-being of all family members and prepare young people for future transitions and adulthood.

By training as a facilitator of this programme, you will support parents to:

LEARN MORE 

- Manage behaviour and emotional problems
- Deal with puberty, sexuality and relationships
- Reduce their stress as parents and support all relationships in the family
- Build self-esteem and confidence
- Advocate for their child or adolescent
- Support education and development and prepare their child for adulthood

## The ADHD Children's Programme for Professionals



This professional programme addresses the needs of parents of children with ADHD aged 6-12 years. This programme can help prevent serious secondary problems, such as self-harm and substance misuse, from affecting children with ADHD as they grow older. The programme utilises a solution-focused approach with facilitators introducing and exploring topics and parents' problem-solving solutions as a group. It was developed with the understanding that early intervention from specially trained professionals can help parents manage the challenges children with ADHD can face.

By training as a facilitator of this programme, you will support parents to:

LEARN MORE 

- Understand the challenges and strengths of ADHD
- Manage behaviour and emotional problems
- Build their children's self-esteem and confidence and reduce their own stress
- Understand the role of medication and other treatments
- Manage homework and education challenges
- Help their child talk about and understand ADHD
- Support children's friendships

19th, 21st and 22nd February 2024

“

The Parents Plus Special Needs Programme is a MOMENTOUS piece of work that will have real benefits for families with children with special needs. ParentsPlus have a strong track record and really impressive results delivering positive outcomes for families. As we come out of the pandemic, the support of the new Parents Plus Programme is needed now more than ever.

This will make a real difference to family lives on a daily basis.

Roderic O'Gorman TD  
Minister for Children, Disability, Equality, Integration and Youth

”

BOOK NOW



19th, 20th, 21st, 26th & 27th February 2024

“

The Parents Plus ADHD Children's Programme is a fundamental tool to effective ADHD care. Professionals learn how to use helpful solution focused therapeutic strategies to enable positive behaviours.

Consultant Child and Adolescent Psychiatrist, Dr Blánaid Gavin

”

BACKED BY  
**25**  
YEARS OF  
RESEARCH

**Backed by over 25 years of research.**

The Parents Plus Programmes have a strong evidence base that demonstrates positive outcomes for families who complete our programmes.

**26**  
INTERNATIONALLY  
RECOGNISED  
STUDIES

**There are 26 internationally recognised studies** conducted in clinical, community and disability settings, attesting to their effectiveness for families dealing with a variety of challenges and issues. These studies have all been independently supervised by University College Dublin, Trinity College Dublin and the University of Limerick.

**3**  
INDEPENDENT  
REVIEWS

The Parents Plus Programmes follow **international best-practice guidelines** as described by the National Institute for Clinical Excellence in the UK and have been **independently reviewed** by the Early Intervention Foundation (EIF), NHS Education for Scotland (NES) and the National Parenting Academy (NPA) and were **awarded top ratings.**



LEARN MORE







**Contact Us**  
Parents Plus Charity,  
Mater Hospital, Eccles Street,  
Dublin 7, Ireland, D07 R2WY.  
admin@parentsplus.ie  
Tel: 01 854 5185

<https://www.parentsplus.ie>

Parents Plus is a registered charity CHY 13664